



# WARNER WEEKLY

News & Information at Your Fingertips



VOL. 5, Issue 6

[www.bamberg.army.mil](http://www.bamberg.army.mil)

Thur. Feb. 11 2010

## Bamberg prepares for USAREUR combatives tournament

By Ashley Bateman, USAG Bamberg Public Affairs

Warner Barracks will host the first U.S. Army Europe-wide combatives tournament Feb. 25 -28 with Soldiers from all over Europe competing to move forward to the annual Army-wide competition at Fort Benning. The ultimate goal of the tournament, according to coordinators, is to increase participation in Mixed Martial Arts-style fighting and bring more competitors from USAREUR garrisons to the Army-wide competition.

"This is green-suited driven," said Tony Lee Sr., Chief, Center of Excellence, Sports and Fitness, Installation Management Command Europe Region, of the upcoming USAREUR tournament. "Gen. (Carter) Ham is very motivated and behind this. I honestly believe this will bloom into something very large."

To prepare for the tournament, Lee asked retired professional fighter and combatives

([COMBATIVES](#) continued on page 4)



Ashley Bateman  
Pfc. Nathan Miller, 370th Engineer Company, 54th Engineer Battalion and Spc. Ryan Merritt, 240th Quartermaster Company, 16th Sustainment Brigade, compete in a submission grappling match Feb. 7, refereed by Shon Farley. The mock tournament concluded the combatives clinic.

## Bamberg youth celebrate fasching



Douglas DeMaio

Children enjoy the fasching party on Feb. 5 at Birchview Lanes Bowling Center. Kids made carnival masks, danced and sang karaoke songs. The adults' fasching party followed the event for kids. The bowling center had its grand opening for its new restaurant Taco Alley. Click here for [fasching photos](#).

## Warner Barracks postal services to complete consolidation

By Ashley Bateman, USAG Bamberg Public Affairs

Bamberg's postal operations are nearing the finalization of consolidation plans that have been in place since 2008.

Meant to improve functionality and services, the Army Post Office will open at its new location alongside the Consolidated Mail Room in Building 7116 on March 1.

Postmaster Doug Stewart took over management of the CMR in early 2008, the goal being to further merge the services of sending and receiving mail in one facility, to be called the Postal Service Center.

Based on the Air Force model of combined CMR and APO facilities, Stewart said U.S. Army Europe has been attempting to combine the services for several years, but many posts did not have the space available to house both providers in one building.

"This is part of the postal transformation that's going on in USAREUR," Stewart said. "We're converting all of our facilities to a one-stop shop."

Stewart said that the new site better utilizes the space provided and will increase efficiency, in large part, due to the shared delivery space behind the building.

([POSTAL](#) continued on page 13)



# 16th STB volunteers get creative with school kids

By Sgt. Shawn Casey, 16th SB Public Affairs

Soldiers of the 16th Special Troops Battalion, 16th Sustainment Brigade, took time out of their busy schedules to enjoy activities with 3rd grade students at Bamberg Elementary School on Jan. 28.

Soldiers were paired with students and began the morning with story writing.

"It was fun writing a story with Sgt. (Veronica) Espinoza," said Madison Colwart, an 8-year-old 3rd grade student at the elementary school. "This is a fun way to meet the Soldiers."

After working on story writing, the Soldiers and children moved behind tables equipped with cake decorating supplies and were instructed on how to make cupcake people. Participants were urged to be creative with the supplies they were given.

"It's a good way to be with the kids," said Sgt. Carlos Prendergast, a fuel operations noncommissioned officer with the 16th STB. "All on- post elementary schools should have a

([VOLUNTEERS](#) continued on page 3)



**Sgt. Shawn T. Casey**  
Staff Sgt. Rosalina Taylor, a property coordinator noncommissioned officer with the 16th Special Troops Battalion, 16th Sustainment Brigade, helps Kealan Russell and Malia Latimer decorate their cupcake people. Soldiers of the 16th STB volunteered at Bamberg Elementary School ON Jan. 28.

## Social media featured at Family and MWR Symposium

By Rob McIlvaine, FMWRC Public Affairs

LOUISVILLE, Ky. – Around 15 years ago, commercial Internet didn't exist. It now serves 1.5 billion people, with adults making up 70 percent of the users. But this new form of communicating with customers has its pitfalls, leading one Soldier Family Action Plan attendee to quip, "think before you tweet."

To help get employees past the generation gap, the SFAP 2010 Symposium offered a Mobile Scavenger Hunt, where participants used texting from their mobile phones to answer questions that could lead to prizes for their installations.

Following the plenary sessions, attendees could also text their opinions on how the conference was run and whether certain aspects should be offered next year.

"The Internet is wherever you are, whenever you want it," said Bryan O'Rourke, chief strategic officer of Fitmarc, a company that educates, trains and delivers solutions to fitness and wellness professionals and a variety of organizations.

According to O'Rourke, the Internet, Social Media and merging biomedical technology are converging to create a powerful platform to support exciting new opportunities to impact larger and broader populations, from youth to seniors.

Technology is accelerating the use of this new media with mobile devices, now owned by 56 percent of adults, which are becoming faster, smaller and more powerful. Voice recognition, now in use, could eventually make knowing how to type obsolete.

"Social media requires new thinking on how to communicate your mission," O'Rourke said. "With 300,000-plus businesses now having a place on Facebook, it has become more effective to get people talking about a product on social media than producing

([MEDIA](#) continued on page 12)



**Lt. Col. Gary A. Rosenberg**  
U.S. Army Garrison  
Bamberg, Commander

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## Recording artist Leigh Jones to headline Army's I. A.M. Strong Tour

By Tim Hipps, FMWRC Public Affairs

ALEXANDRIA, Va. — Recording artist Leigh Jones is humbled to headline the I. A.M. STRONG Tour headed to 24 Army installations during the next two months.

The concert and comedy show is designed to raise awareness about the prevention of sexual assault and harassment among Soldiers and military family members.

"I love to meet these men and women face to face and shake their hands and look right into their eyes and just thank them for all they have done for us," said Jones, who will be joined on the tour by hip-hop band Animate Objects, professional comedians and Soldier talent. "We are so, so lucky to have them in our lives, so to be able to do a small thing like this is a big deal."

The tour will begin Jan. 29 at Fort Knox, Ky., with stops scheduled in Virginia on Feb. 5 at Fort Lee, Feb. 6 at Fort Eustis, Feb. 8 at Fort Belvoir, and Feb. 9 at Aberdeen Proving Ground, Md. The show then will head to Army garrisons in the Southeast, Texas, Colorado and New York, followed by shows in Germany and Vicenza, Italy.

The Army G-1 presentation, produced by the Army Entertainment Division of the Family and Morale, Welfare and Recreation Command, is dedicated to eliminating sexual assault.

The I. A.M. STRONG acronym stands for intervene, act and motivate others to stop sexual harassment, assaults and sexually offensive language, innuendo and gestures that create an environment friendly to abuse. Toleration of these acts among troops has been reduced to zero, Army leaders say. Strong, quite simply, is the Army way.

([STRONG](#) continued on page 8)



Tim Hipps

Recording artist Leigh Jones performs for a Warrior Transition Unit and Better Opportunities for Single Soldiers group at an Army Family and Morale, Welfare and Recreation-backed mini-concert and meet and greet at Fort Belvoir Community Club on May 6, 2009.

## 173rd Soldiers pull mission forward



1st Lt. Jerry Garner

As Soldiers of the 173rd Special Troops Battalion continue to focus on winning the hearts and minds of the citizens of Afghanistan, working with and assisting the Afghans has become the main effort to stabilize the region. Sgt. Ryan Brignola attaches a tow rope to a local national's 'SUV' in the Baraki Barak District to assist him with getting his vehicle out of a ditch. In the COIN fight, stability ops and community service are just as important as the kinetic fight.

([VOLUNTEERS](#) continued from page 2)  
program like this."

Bamberg Elementary School invites Soldiers from the 16th STB to help with many different activities from working with the children on school projects to helping them with homework.

"What a wonderful opportunity to get Soldiers involved in the classroom," said Deborah Heit, a 3rd grade teacher at Bamberg Elementary School. "It's a win-win situation. We have Soldiers who help students with reading or writing activities and then the fun begins as students and Soldiers work together building bonds of friendship. You see problem solving taking place as they work to create a masterpiece."

As the unit sponsor of the elementary school, Soldiers from the 16th STB provide logistical and manpower support, as well as volunteering during classroom activities.

For more information on volunteering at Bamberg Elementary School, stop by the main office, or call 469-7616/8615.

(*COMBATIVES* continued from page 1)

instructor Steve Van Fleet to host a four-day clinic in Bamberg. Van Fleet trained and certified ten referees on the rules, regulations and point system developed for the USAREUR competition.

"Here in USAREUR we'll have a qualifier and then there will be a USAREUR-wide team that we'll send to the Army-wide competition," Van Fleet said.

Running from Feb. 4-7, the clinic included referee and basic combatives instruction, followed by a small-scale competition.

Van Fleet, who has taught martial arts for 22 years, is a Level 4 Modern Army Combatives Program instructor. He opened the clinic by explaining the purpose of learning to fight in the Army.

"The Army's combative structure is geared for the Soldier in combat," he said. "The purpose of any kind of competition in combat sports, wrestling, boxing, whatever it is, is to prepare them for a real fight."

All the rules that apply to combat sports should further a competitor's ability to overcome an aggressor in a fight, he said.

Van Fleet emphasized participants train for combat, not just for the rules of a competition.

The objective in Europe is to ensure that Soldiers have training and knowledge of combatives available to them, he said.

Though the clinic was initially created to focus solely on certifying referees for the upcoming tournament, some basic combatives training was added to the curriculum due to the interest of participants.

"It doesn't take a fighter to ref a match," Van Fleet said. "Most of those who signed up seemed interested in learning to fight."

Participants practiced refereeing and competing, preparing them for the three rounds of matches that will occur at the USAREUR tournament. Each round will focus on a different style of fighting. Round one will be submission grappling, round two kick-boxing and the third round will be Mixed Martial Arts-style fighting.

Van Fleet broke down the rules of each round and explained how and why a competitor gains points.

"I have to make sure they're proficient with a lot of rules before I start removing those rules," he said.

Lee said clinics help keep referees in-tune and up-to-date on rules and regulations.

"It was conducted to ensure we have certi-

## USAREUR COMBATIVES FINALS RULES



File Photo

### WAYS TO WIN A MATCH

1. **KNOCKOUT**: Fighter is unable to intelligently defend himself after being hit by a strike(s).

2. **TKO (Technical Knockout)**: If the ringside physician or referee decides the fighter cannot continue due to a cut or other injury.

3. **SUBMISSION**: When a fighter submits by tapping the opponent or the mat more than "3" times as a result from a choke, lock, or for any other reason. IF a fighter is in no position to tap out, he may verbally submit. IF a fighter cannot tap or cannot yell, the referee shall stop the bout from his own personal determination of the fighter's safety.

4. **REFEREE STOPPAGE**: When a fighter is taking excessive punishment but cannot or will not submit or quit, either due to striking, failing to show a willingness to continue, a refusal to submit in the face of grave injury, or any other reason the referee believes is necessary to preserve the fighter's safety.

5. **THROW IN THE TOWEL**: When a fighter's corner feels their fighter has had enough and decides to end the bout for the safety of the fighter. This shall count as a TKO.

6. **QUIT**: When a fighter simply cannot or refuses to continue.

7. **DECISION**: When the bout has ended after the bouts specified time period without a winner, the bout decision shall be determined by the (3) three judges, as set forth by these rules.

8. **DISQUALIFICATION**: The fighter's opponent is disqualified by the referee for fouls, use of illegal techniques or unsportsmanlike conduct.

fied officials and active duty Soldiers could receive a level one certification," Lee said.

The clinic concluded with an in-house competition on Feb. 7.

Those present were divided into three weight classes and competed in grappling, kick-boxing and MMA-style fighting.

"This is a mini-tournament to get people acclimated," Lee said. "It is a chance for Soldiers to compete and referees (to make decisions) as they will on the actual days of competition."

Van Fleet shadowed the Soldiers who refereed, communicating with them throughout the fight to ensure their preparedness and understanding of awarding points.

"I'm clicking with them and correcting," he said.

All those not fighting participated in counting points from the sidelines, comparing scores at the close of the match.

Van Fleet said his role in the USAREUR-wide tournament will be to judge, settle disputes and facilitate the event as needed.

"This gives these guys (from Europe) a chance to compete," Van Fleet said of the upcoming tournament.

Many stateside posts are having combatives tournaments and Europe is behind the power curve, he said.

Lee believes that widespread combatives competitions downrange have increased the popularity of the sport amongst Soldiers.

"I think that has really kicked it off," Lee said. "They get a lot of physical training downrange and are kept combat ready."

Lee, who started planning for the tournament last year, likes events to rotate to different posts so everyone has a chance to host, he said. Bamberg was chosen as the location because it has the largest sports facility compared to other possible hosts Grafenwhör and Wiesbaden.

He expects a minimum of 200 competitors at the tournament.

Freedom Fitness Facility Director Ernest Johnson said the facility was officially chosen in September to host the USAREUR-wide tournament.

"We've prepared by getting flyers out and publicity requests," he said. "The tournament won't interfere with any local sports tournaments."

For more information call 469-9086 or 469-8890.



## Community Announcements

Please send all announcements to Bamberg Public Affairs via the following Web site:  
<http://www.bamberg.army.mil/mobi/form.asp>.

### VA Briefing

A representative from the Department of Veterans Affairs will be in Bamberg on Feb. 18 to provide a briefing concerning general VA benefits. Topics will include: education, health care, life insurance, home loan guaranty, disability compensation, vocational rehabilitation and employment. Additionally, there will be an opportunity to get questions answered. The briefing will be in the Education Center from 8 a.m. - noon. All members of the community are welcome to attend. For more information, call 469-8925.

### Chili Cook Off

Sign up to display your cooking skills in our Annual Chili Cook Off. Prizes will be awarded to winners in various categories. Sign up by Feb. 19. For more information, call the Community Activities Center at 0951-300-8659.

### Home-cooked Supper

The Bamberg Chapel will host a home-cooked supper for single Soldiers on Feb. 22 at 5:30 p.m. Come to the chapel and enjoy the meal.

### NAF 101

Bamberg Non Appropriated Funds Civilian Personnel Advisory Center will be conducting employment workshops for all eligible individuals interested in learning how to apply and write a resume for a NAF position. This is not a general class on how to write a resume. It specifically tailored on how to apply for NAF vacancy announcements. The workshop will in the Bamberg CPAC Conference Room in Building 7486. All workshops are on Fridays from 10 - 11:30 a.m., dates are as follows: Feb. 26, April 23, June 18, August 27 and Oct. 22. Please sign-up the Tuesday prior to each scheduled workshop as there is a maximum of eight slots available. If you have any specific questions regarding the training or eligibility, call 469-8027.

### Bazaar with Heart

The annual "Bazaar with Heart" sponsored by the Bamberg Spouses and Civilian Club and Morale, Welfare and Recreation is scheduled for April 23-25 at the Freedom Fitness Facility. For more information, email [bazaar@bsccgermany.com](mailto:bazaar@bsccgermany.com).

### New Tax Relief Services

The MWR Tax Relief Office now offers a new service for USAG Bamberg customers: With the implementation of the UTAP (Utility Avoidance Program) customers can then sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. (Other energy and utility providers can also be used, but customers still have to register through the USAG Schweinfurt UTAP). Please contact the Bamberg tax relief office at 0951-300-1780 or Schweinfurt tax relief office at 09721-96-1780.

### Firearms notice

In accordance with Army in Europe Regulation (AER) 190-6, Registration and control of privately owned firearms and other weapons in Germany, dated 20 July 2006, it is prohibited for any Soldier, U.S. Department of the Army Civilian (DAC), or Family Members (FM) to own an unregistered Privately Owned Firearm (POF). All POF must immediately be registered with USAG Bamberg Field Registration Station (FRS) located in Bldg 7011 (MP station), Warner Barracks, Bamberg.

## BSCC Themed Basket Bingo Feb. 19

Warner Conference Center  
Doors open at 6 p.m.  
Games start at 6:30 p.m.  
Prizes are themed baskets

Cards are  
\$8 for 3 cards  
\$15 for 6 cards

Check out our website at  
BSCCgermany.com



For more information contact the customs office at 469-7460/9312 or 0951-300-7460/9312.

### Security Awareness Alert

The Department of State urges U.S. citizens to maintain good security practices at all times and to maintain a heightened situational awareness and a low profile. Americans are advised to monitor news reports and consider the level of security present when visiting public places or choosing hotels, restaurants and entertainment or recreation venues.

### Red Cross Classes

The American Red Cross Bamberg will offer CPR/First Aid/AED, Babysitting and CPR instructor classes. Come to ACS Building 7029 room 113 for class times, locations and registration. For more information or to register, call 469-1760.

- CPR/First Aid/AED on Feb 18 is \$40
- CPR and AED on March 13 (donations accepted)
- Babysitting class on Tuesday-Thursday on April 13 and 15 is \$35 - min age 11 years old
- CPR/First Aid/AED on April 22 is \$40
- CPR/First Aid/AED on May 8 is \$40
- CPR Instructor Class on Tuesday-Thursday on May 11 and 13 is \$100.

### 25 Year Reunion

Members of D Company have been planning a reunion for the all veterans of 1st Battalion (Mechanized), 52nd Infantry, who served from about 1980 until it became part of the 6th Infantry. There will be a reunion on June 16-20 at the Tuscany Suites and Casino in beautiful Las Vegas. For more information, email Bill Burt at [LMJWRB@msn.com](mailto:LMJWRB@msn.com) or visit <http://deltacompany-52nd-inf.ning.com> or <http://www.facebook.com/home.php?ref=home#/group.php?gid=160711462863>.

### Impact Health Care in Your Community: Volunteer

The U.S. Army Health Clinic Bamberg will implement Patient and Family Centered Care in the coming months. The program is an approach to the planning, delivery, and evaluation of health care promoting partnerships among providers, patients and families. This organization-wide model will assist the health clinic in process improvement and a variety of patient focused projects allowing us to continue providing you high quality healthcare. The success of this program is dependent on volunteers within the community

who assist the health clinic leadership with planning, coordination, and implementation of patient and family centered processes. The volunteers will serve on an executive council scheduled to meet on a monthly or bi-monthly basis (likely 2-3 hours per month). If you are interested in a great volunteer opportunity with direct impact on the healthcare in Bamberg, please contact Maj. Vince Myers at 0162-297-6576 or at [vincent.myers@amedd.army.mil](mailto:vincent.myers@amedd.army.mil) for more information. Thank you.

## Weekly Reminders

### Money Track

Come to the Lunch Time Money Track session from 11:45 a.m. to 12:45 p.m. on March 16 and 24, April 6 and 14, May 5, 18 and 26, and June 8 and 16. For more information, call 469-9193.

### ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays.

### Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - 12 p.m. We are closed on Friday afternoons for mandatory training. The Health Clinic is also closed on federal holidays and weekends. For more information or if you need to make an appointment, call 469-1750 or 0951-300-1750. If you have a medical emergency, call the Bamberg Military Police at 0951-300-114. You may also call the TRICARE Nurse Advice Line at toll-free number 00800-4759-2330, 24 hours a day, seven days a week to talk to a nurse about your health care concerns, get self-care advice to help you feel better now, schedule appointments with your military provider, and arrange a phone call with your provider.

### Army Family Action Plan

Do you have an issue you think would better the quality of life for our Soldiers, Families or Retirees? Put your voice to work! Make your voice count today by filling out an Issue Form. Visit <http://www.bamberg.army.mil/sites/mwr/ACSAPF.asp>.

### Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-

**Children's Dental Health Month**  
 Join the Bamberg Dental Clinic with fun activities for the entire month of February

**REMEMBER TO BRUSH & FLOSS EVERY DAY!**

The tooth fairy will visit the Library Feb. 3 and 17 from 3:30 - 4:30 p.m. to read children dental related books.

Coloring Contest: Prizes will be given for each age group: 3-5, 6-8, and 9-11. Pick up coloring sheets at the front desk of the Dental Clinic, Child Development Center and School Age Services beginning Feb. 1. Coloring sheets will also be given out during the dental screenings at the Elementary School from Feb. 22 - 26.

Deadline to submit coloring sheets will be Feb. 26. Coloring sheets can be submitted in the boxes provided at the Dental Clinic, CDC, SAS, and elementary school.



11:30 a.m. at the Bamberg Chapel. Free Child-care is provided. For more information, call 469-1570.

#### Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday 8 a.m. - 8 p.m.
- Friday - 8 a.m. - 6 p.m.
- Saturdays - 11 a.m. - 6 p.m.
- Sundays - 11 a.m. - 6 p.m.
- Free WiFi is available around the CAC (Building 7047).

#### Customs Office

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday to Friday. We are closed on German and American holidays. For more information, call 469-7460 or 0951-300-9312. The fax number is 469-8665. Office personnel can assist with importing items, selling items to non-ID cardholders, help visiting family members get permission to drive USAREUR-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

#### Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG.

#### Family Strengths and Stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy, and Stress and Anger Management Classes. For more information, call 469-7777 or 0951-300-7777.

- **Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.
- **New Parent** - Being a new parent can be a challenge. Join the new parent support group every Friday from 10-11:30 a.m. in Building 7487.

## Black History Month

U.S. Army Garrison Bamberg is sponsoring an event to celebrate Black History Month 2010. We will bring together the amazing talent and volunteer spirit of our community and have an event showcasing the culture, music and cuisine of the African-American Community.

We will have Black History Month Committee. Meetings are at the Garrison Headquarters, Building 7089 in Room 412. The meetings will be at 12:30 p.m. on Feb. 5, 11, 19 and 24. Refreshments will be provided. For more information, call 469-8624.

EMANCIPATION

#### Pre-Separation Briefing

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, help with resume preparation, and information about your veterans benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing. The briefing is held weekly and takes about an hour. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years out from their projected retirement date. Take the first step by calling ACAP at 469-8925 or 0951-300-8925.

#### Service Office

The U.S. Army Garrison Bamberg Retirement Services Officer / Casualty Manager has relocated to Building 7290, Room 208, right next to Burger King. For more information, call 0951-300-7514.

#### Veterinary Facility

Veterinary Office hours are Monday through Wednesday from 8 a.m. - 4 p.m., closed Thursday. Fridays 8 a.m. - noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory. The clinic is also closed on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information or to schedule an appointment, call 469-7972 or 0951-300-7972.

#### Weather Information

Get road and weather conditions and school closure information. For more information, call 469-8373 or 0951-300-8373 or click on the link posted at [www.bamberg.army.mil](http://www.bamberg.army.mil).

## Sports, Health and Fitness

#### Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. Visit the Web site at [www.bamberg.army.mil/sites/mwr](http://www.bamberg.army.mil/sites/mwr) for latest updates and upcoming MWR events.

- **Freaky Friday** - Every Friday from 11 a.m. - 6 p.m. every hour a score will be posted, bowl that score and receive a free game. The cost per game is \$1 and shoe rental is \$1.75. For more information, call 469-7722.
- **Ladies Night** - Every Friday 6 p.m. to closing, ladies receive free shoe rental and may enter for the monthly drawing. The drawing is last Friday of the month. The cost per game is \$2.25 and shoe rental is \$1.75. For more information, call 469-7722.
- **Pick your Price** - Every Saturday from 11 a.m. - 6 p.m. after completing bowling, pull a ticket to determine what price you will pay for your game(s). For more information, call 469-7722.

#### Physical Shape

There is a Spinning and Abs class Tuesdays between 8:30 - 9:30 a.m. There is also spinning class on Wednesday mornings from 5:30 - 6:30 a.m. For the Wednesday morning class, units can participate for physical training. Units can reserve up to 24 bikes. There is a cardio-weights class on Thursdays from 8:30 - 9:30 a.m. The cost is \$4 per class. Instructors will lead you through the workout of your life. Sign up at the Freedom Fitness Facility today.

#### Personal Trainer Available

Want to get in shape with one-on-one personal service? The Freedom Fitness Facility is offering personal training with a Certified Instructor to get you in shape like you always wanted. Fees are \$35 per session or save \$35 by taking five sessions for only \$150.

#### Class Registration

Do you want to get in shape this new year? The Women, Infants, and Children office is starting a walking program geared towards mothers with children and those who are pregnant. The program is every Wednesday, at 10 a.m. in the Freedom Fitness Facility. Children are welcome (hourly care is also available through Child Youth Services) and strollers (free of ice and salt) are welcome. Open to all ID card holders, so come out, bring your friends and get in shape this New Year. For more information, call 0951-300-7913.

## Continuing Education

#### Travel, Study

Tour some of the most exciting locations in Europe while studying literature and art with University of Maryland University College (UMUC). Two UMUC field study courses will be offered March 13-20: Expatriate Writers in Rome and Northern Renaissance Art in Brussels and Paris. The registration deadline for these courses is Feb. 19. For more information, visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy) or contact a UMUC field representative.

#### Text Books

In Spring Session 1, University of Maryland University College Europe students can apply for a textbook award, including the \$100 Orkand Military Book Award for enlisted service members and the \$100 Europe Book Award for spouses and family members of service members of all ranks. Visit [www.ed.umuc.edu/financial\\_aid](http://www.ed.umuc.edu/financial_aid) for more information. For more information on registration, scholarships, and services, call the UMUC Europe field representative at 314-370-6762 or +49-(0)6221-3780 or visit [www.ed.umuc.edu](http://www.ed.umuc.edu) or [www.twitter.com/UMUCEurope](http://www.twitter.com/UMUCEurope).

#### Education Changes

All active duty, active Reserve, active National Guard and non-active Reserve Soldiers (Reservists) who enroll in degree programs should request up-front tuition assistance and receive their grades through the GoArmyEd portal at both Letter of Instruction and Non-LOI schools after Jan. 1. U.S. Army Reserve TA point of contact in Wiesbaden, Nelson Villegas, can also assist Reservists and National Guardsmen in getting into GoArmyEd. For more information, call 337-7435 or 0611-705-7435.



Dec 11	Bamberg at Vilseck
Dec 12	Bamberg vs Vilseck
Jan 8	Bamberg at Mannheim
Jan 9	Bamberg at Mannheim
Jan 15	Bamberg vs Hohenfels
Jan 16	Bamberg at Hohenfels
Jan 22	Bamberg vs Ansbach
Jan 23	Bamberg at Ansbach
Jan 29	Bamberg vs Heidelberg
Jan 30	Bamberg vs Heidelberg
Feb 12	Bamberg at BFA
Feb 13	Bamberg at BFA
Feb 19	Bamberg at Patch
Feb 20	Bamberg at Patch
Feb 24-27	European Championships (Mannheim)





## Food Handlers Classes

*Schweinfurt & Bamberg Area*

Jan. 21, Feb. 18, March 18  
1:30 – 2:30 p.m.  
Building 230  
Yellow Ribbon Room  
Ledward Barracks

Food handlers certification is a requirement if you are serving any prepared foods to the public. Classes are being held in Schweinfurt on the above dates. Space is limited to 30 people per class, so make your reservation by providing your name and location to:

tommy.lockridge@amedd.army.mil  
or  
andre.moxley@amedd.army.mil

For more information, call 476-2041/2138

### German 101

Free Introduction to German is every Monday at noon at the community library. Participants will learn some German words and phrases. For more information, call 469-1740 or 0951-300-1740.

### University of Phoenix

The University of Phoenix is open Monday, Tuesday, Thursday and Friday from 10:30 a.m. - 2:30 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can help you start your master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 469-9280 or 0951-208-5350.

## Closures / Changes

### Vehicle Registration

The vehicle registration office will be closed all day on Feb. 15 and will close after 12:30 p.m. on Feb. 17. For more information, call 469-7580.

### Dining Facilities

Ray's Diner will reopen Feb. 16 10 for breakfast 7:30 a.m. - 9 a.m.; lunch 11:30 a.m. - 1 p.m.; dinner 4:30 p.m. - 6 p.m. As of Feb. 16, Ray's Diner will be the sole dining facility open until March 8 due to the closure of Daggers Inn for a field training exercise. Starting March 8 there will be two operational dining facilities. Ray's Diner will open for breakfast and lunch only, and Daggers will open for all three meals. The two dining facilities will alternate weekends. Time of closure will be posted at each dining facility and also posted on the Directorate of Logistics Web page and the Garrison Web page.

### Library Hours

The community library will have new hours of operation beginning March 1. The new hours are Monday - Friday 11 a.m. - 8 p.m., Saturday 11 a.m. - 6 p.m., and closed Sunday. The library features free internet access, various book clubs for adults and kids, CDs and DVDs as well as cultural events. For more information, call 0951-300-1740.

### Gate Hours

As of March 1, Gate 5 will be open 6 a.m.-6 p.m. Mon.-Sun.

### Legal, Tax Office

The Legal Assistance office and Tax Center will be closed on March 4 for training.

### Legal Closed

The Legal Center will be closed on April 1.

### Dining Facility

Dagger's Inn has adjusted service hours for Thursdays. To better serve Soldiers during Sergeants Time Training, every Thursday the hours for breakfast will be 6 - 8 a.m. For more information, call 469-8448.

### Airport Shuttle

The Bamberg departure and arrival point for the Frankfurt Shuttle Bus has changed. The shuttle leaves from Bamberg Credit Union Monday through Thursday at 6:35 a.m. and arrives at the airport at 9:45 a.m. The first return shuttle will depart from the airport at 11 a.m. and arrive in Bamberg at 3:15 p.m. The second shuttle departs the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The shuttle is not available on American and training holidays.

### Auto Skills Extends Hours

The MWR Auto Skills Shop and Car Wash, Building 7038, is open seven days a week. (Strip Yard Hours of operation remain the same) Call the Auto Skills Shop at 0951-300 7546.

The hours of operation are:

- Mondays and Tuesdays 10 a.m. - 6 p.m.
- Wednesdays and Thursdays 10 a.m. - 8 p.m.
- Fridays 10 a.m. - 7 p.m.
- Saturdays and Sundays 10 a.m. - 6 p.m.
- Closed on Federal Holidays

## Youth and Teens

### Homework Club

The Bamberg Middle/High School Homework Club meets Tuesdays and Thursdays from 3:15 - 5:15 p.m. in Lab 85. A teacher, other adults and students will be available for tutoring or to assist students academically.

### Volunteers needed

The Bamberg Middle/High School is currently seeking volunteers for tutoring students in any subject at the middle and/or high school level. If you would like to help out, please contact Celeste Rush at 469-8874 or 0951-300-8874 or [celeste.rush@eu.dodea.edu](mailto:celeste.rush@eu.dodea.edu).

### Bible Club

Register your child today at the chapel for the weekly Bible Club. The club meets Sundays from 4 - 5:30 p.m. and is open to elementary age children. For more information, call 469-1570 or 0951-300-1570.

### Aqua Barons

Meet new people and become a part of the Aqua Barons team. Get into shape and stay in shape by swimming. Earn awesome rewards like trophies, medals, ribbons, and even a varsity letter for you efforts. Travel around Europe to swim meets in places like Italy, Spain, Belgium, England, and many more. For more information, email [bambergaguabarons@yahoo.com](mailto:bambergaguabarons@yahoo.com).

## Entertainment and Leisure

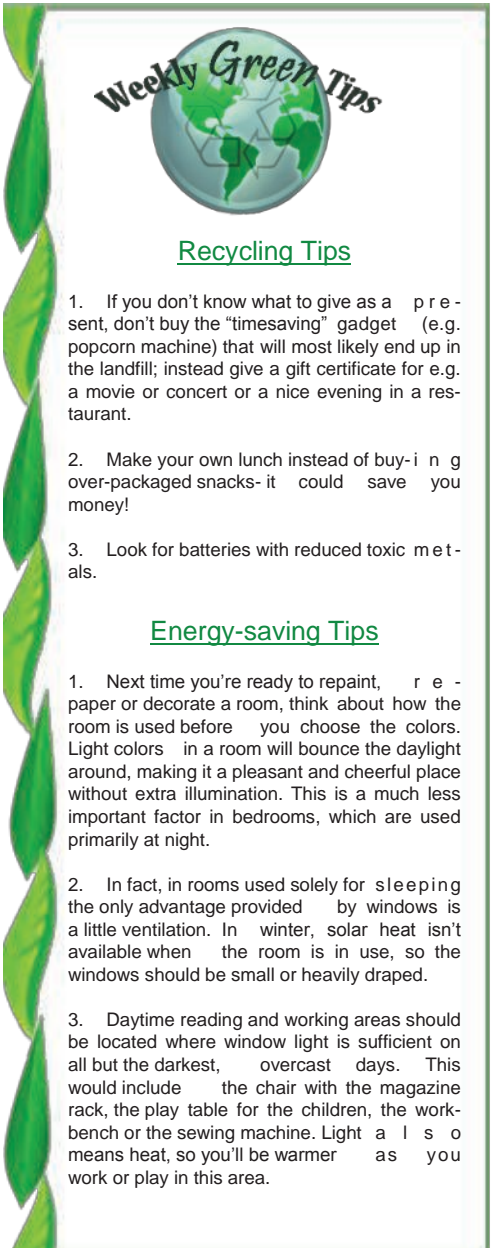
### Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship and is always looking

for new members. We have regular meetings, local get-togethers and go on fun trips every month. The club is planning a trip to Munich in Autumn. The Outreach KONTAKT Bowling team bowls every Friday at 7 p.m. at Birchview Lanes on post. Every Thursday our music group meets at 8 p.m. at the KONTAKT clubhouse on the Airfield. For more information, call the German president Klaus Kirchhof at 0951-24378 or email [b.k.kirchhof@web.de](mailto:b.k.kirchhof@web.de) or the American project officer Capt Jamel R. Carr at 0951-300-7489 or email [jamel.carr@eur.army.mil](mailto:jamel.carr@eur.army.mil).

### Chorus Line Show Dates

The award winning Stable Theater presents the remarkable, inspiring Broadway musical "A Chorus Line," Broadway's third longest running show in history. Join the audition of a lifetime along with a company of musical theater hopefuls in their personal and artistic journey to the ultimate reward - a role in the chorus. Some mature themes and language - parental discretion advised. Tickets are \$11 day of show, \$9 advance, \$7 for kids, students, E-4 and below. Show dates are March 11 - 13 and 14 - 20 at 7:30 p.m. and March 14 and 21 at 3 p.m. Deployment specials available. Local National guests must contact the theater 48 hours prior to show date. Some material not suitable for children, parental discretion is advised. For more information, call the Stable Theater at 0951-300-8647 or email [jack.austin@eur.army.mil](mailto:jack.austin@eur.army.mil).



## Weekly Green Tips

### Recycling Tips

1. If you don't know what to give as a present, don't buy the "timesaving" gadget (e.g. popcorn machine) that will most likely end up in the landfill; instead give a gift certificate for e.g. a movie or concert or a nice evening in a restaurant.
2. Make your own lunch instead of buying over-packaged snacks- it could save you money!
3. Look for batteries with reduced toxic metals.

### Energy-saving Tips

1. Next time you're ready to repaint, repaper or decorate a room, think about how the room is used before you choose the colors. Light colors in a room will bounce the daylight around, making it a pleasant and cheerful place without extra illumination. This is a much less important factor in bedrooms, which are used primarily at night.
2. In fact, in rooms used solely for sleeping the only advantage provided by windows is a little ventilation. In winter, solar heat isn't available when the room is in use, so the windows should be small or heavily draped.
3. Daytime reading and working areas should be located where window light is sufficient on all but the darkest, overcast days. This would include the chair with the magazine rack, the play table for the children, the workbench or the sewing machine. Light also means heat, so you'll be warmer as you work or play in this area.

(STRONG continued from page 3)

The entertainment tour was designed to help military communities realize:

- When I recognize a threat to my fellow Soldiers, I will have the personal courage to intervene and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene gestures, language or behavior. I am a warrior and a member of a team. I will intervene.
- You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take action. I will do what's right. I will prevent sexual harassment and assault. I will not tolerate sexually offensive behavior. I will act.
- We are American Soldiers, motivated to keep our fellow Soldiers safe. It is our mission to prevent sexual harassment and assault. We will denounce sexual misconduct. As Soldiers, we are all motivated to take action. We are strongest together.

Jones' album, *"Music in my Soul,"* features *"Free Fall,"* a song that delivers part of the Army's message loudly and clearly during the tale of a defiant girlfriend who stands her ground against being subjected to her boyfriend's convenience.

"We want to encourage people to be strong," Jones said. "We want to encourage the prevention of suicide and sexual harassment. We hear that's a big thing among Soldiers, which is such a shame. We just want people to stay positive."

Jones joined rappers Soulja Boy and Bow Wow at Fort Bragg's 2009 Summer Concert Series. She also performed last spring for a Warrior Transition Unit and Better Opportunities for Single Soldiers group at Fort Belvoir.

"People were complaining because they didn't want to go, so we told them that they had to show up," said Sgt. 1<sup>st</sup> Class Walter Henry III, a WTU platoon sergeant whose troops were treated to a mini-concert and meet and greet at Fort Belvoir. "But when she finished singing, everybody rushed the table to get their photos and autographs and stuff. I was looking at them and saying, 'Oh, you guys didn't want to come, but now I can't make you leave.'"

"When they got here, the Soldiers were trying to hide their excitement. I was looking at them and they wanted to wipe it off their face like they weren't really enjoying, and I said: 'I don't even want to hear it.'"

Staff Sgt. Chris Logas of Los Angeles told Jones that her *"Cold in L.A.,"* a song about the phoniness naïve newcomers discover when they venture into the big city, classically described their hometown.

"We appreciate her taking the time to come out and entertain the Soldiers," Logas said. "It's good to know that people who are famous are taking the time out to come spend some time with us. She seems genuinely honored. It's great that she actually involved the crowd and was as personable with everybody as she was."

Now Jones can't wait to do it again, she said.

"We went to Fort Bragg last summer and did a couple of songs and that was awesome," she said. "I sang the national anthem and a couple of songs of my own, along with a tribute to Michael Jackson. I've just been looking forward to getting this thing up and off the ground."

Jones said her grandfather played the trumpet for troops and her parents sang on USO Tours for Soldiers stationed overseas.

# Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

Thu.	Feb. 11	The Blind Side (Pg-13)	7 p.m.
Fri.	Feb. 12	Everybody's Fine (Pg-13)	7 p.m.
Sat.	Feb. 13	Everybody's Fine (Pg-13)	3 p.m.
		Edge Of Darkness (R)(1strun)	7 p.m.
Sun.	Feb. 14	The Blind Side (Pg-13)	3 p.m.
		Edge Of Darkness (R)(1strun)	7 p.m.
Mon.	Feb. 15	Edge Of Darkness (R)(1strun)	7 p.m.
Thu.	Feb. 18	The Blind Side (Pg-13)	7 p.m.
Fri.	Feb. 19	Dear John (Pg-13)(1strun)	7 p.m.
Sat.	Feb. 20	The Princess And The Frog (G)	3 p.m.
		Brothers (R)	7 p.m.
Sun.	Feb. 21	The Princess And The Frog (G)	3 p.m.
		Dear John (Pg-13)(1strun)	7 p.m.
Mon.	Feb. 22	Dear John (Pg-13)(1strun)	7 p.m.
Thu.	Feb. 25	Brothers (R)	7 p.m.
Fri.	Feb. 26	Invictus (R)	7 p.m.
Sat.	Feb. 27	Valentine's Day (Pg-13)(1strun)	3 p.m.
		Invictus (R)	7 p.m.
Sun.	Feb. 28	Valentine's Day (Pg-13)(1strun)	3 p.m.
		Its Complicated (R)	7 p.m.

"Just being able to go on any kind of a tour is absolutely incredible," she said. "It is just more than rewarding for me to be able to give something back to these men and women who are giving so much of their lives for us. It's such a humbling experience. There is no other place that I'd rather be singing. It just touches my heart and is so rewarding."

Jones will perform for Soldiers at community recreation centers or designated facilities, followed by meet-and-greet autograph signing/photo sessions with all attendees. She also will visit dining facilities to have lunch, interact and sign autographs until the last Soldier leaves.

"Beyond the entertainment, I love just hanging," Jones said. "I love to get a feel for their personalities and just hang out, have a good time, and let them know that we're real people and we go through ups and downs just like they do. You've just got to be positive through it all."

"They are away from their Families, and when we're on the road, we get lonely. But we really have no idea what they go through. I have this song called *"Cold in L.A.,"* and some of the Soldiers were from California. It was really good to just get a feel for the actual human being behind this huge force."

"I'm just grateful, thankful, and I'm humble to be a part of such a huge movement with this I. A.M. STRONG Tour," Jones concluded. "This is going to touch a lot of peoples' lives and I'm so blessed to be a part of it."



## Outside the Gate

### Weekend Events in and around Bamberg Feb. 5 - 7

#### Friday, Feb. 12

- 3 p.m. Ethiopian Afternoon, try Ethiopian food and find out more about the country at Mehrgenerationenhaus Muetterzentrum Kaenguruh, Nuernberger Strasse 108 k, 96050 Bamberg
- 8 p.m. "Juergen Wagner" live music at Blues Bar, Obere Sandstrasse 18, Bamberg
- 21 p.m. Mexican Fasching at Brauerei Wagner, Bambergerstrasse 2, 96173 Oberhaid; for tickets contact pop3-mailbox@jbo-eintracht.de
- 10 p.m. "Bashment with Kali Yuga Soundsystem" reggae at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

#### Saturday, Feb. 13

- 1 p.m. Fasching Parade in Rattelsdorf, Kirchplatz, 96179 Rattelsdorf
- 1:33 p.m. Fasching Parade in Oberhaid, Friedrich-Ebert-Strasse to Untere strasse 96173 Oberhaid
- 8 p.m. Fasching Ball with live music in Gundelsheim at Schulturnhalle, Schulstrasse 2, 96163 Gundelsheim
- 8 p.m. "Livin' 4" at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Fab five" live Jazz music at Jazzclub Bamberg, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Rubber Soul (Beatles-Cover with Pepp)" rock music at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Blockrocking Beats" at Morph Club, Luitpoldstrasse 17, 96052 Bamberg
- 10 p.m. "SCHWOF" at Live-Club, Obere Sandstrasse 7, Bamberg

#### Sunday, Feb. 14

- 11 a.m. Chamber music performed by the Bamberg Symphonic Orchestra at Konzert- und Kongresshalle - Hegelsaal, Musselsstrasse 1, 96047 Bamberg, tickets are available at [www.bvd-kicket.de](http://www.bvd-kicket.de)
- 2 p.m. Fasching Parade in Stegaurach, Bambergerstrasse, 96135 Stegaurach
- 2 p.m. Fasching Parade in Hirschaid, Sassanfahrt, Sassanfahrter Hauptstrasse 96114 Hirschaid
- 2 p.m. Fasching Parade in Memmelsdorf at Marktplatz, 96117 Memmelsdorf
- 3 p.m. Children's Fasching Party at Buergersaal, Elsterweg, 96135 Stegaurach

- 5 p.m. Organ Concert performed by the Bamberg Symphonic Orchestra at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musselsstrasse 1, 96047 Bamberg, tickets are available at [www.bvd-kicket.de](http://www.bvd-kicket.de) or at the box office
- 5 p.m. Brose Baskets - Artland Dragons basketball game at JAKO Arena, Forchheimer StraÙe 15, 96050 Bamberg
- 8 p.m. "Marc Rous" live at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "Musicboutique DJ ALEX" at Club Kaulberg, Unterer Kaulberg 36, Bamberg

#### Tuesday, Feb. 16 (Shrove Tuesday)

- 8:30 a.m. Honey market at Maxplatz, Maximiliansplatz, 96047 Bamberg
- 1:30 p.m. Bamberg Fasching Parade Markusplatz, 96047 Bamberg
- 1:30 p.m. Fasching Parade at Buttenheim, Hauptstrasse 15, 96115 Buttenheim

#### Friday, Feb. 19

- 8 p.m. "Colorblind" live west coast sound at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "Phantom of the Opera" musical performance original production by Arndt Gerber at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musselsstrasse 1, 96047 Bamberg; tickets are available at: [www.bvd-kicket.de](http://www.bvd-kicket.de)
- 9 p.m. "Tom Cat Wilson - Solo" Irish Folk - Countrymusic at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "morphclublive: Back from the grave into the Morph" Rockabilly, Rhythm'n'Blues, Rock'n'Roll at Morph Club, Luitpoldstrasse 17, 96052 Bamberg
- 10 p.m. "electro delicatessen" at Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg

#### Saturday, Feb. 20

- 7:30 p.m. "Bridge to a Prayer" gospel concert Erloeserkirche, Kunigunden damm 15, 96050 Bamberg; tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de) or at the box office
- 8 p.m. "Susan Baker & Dennis Lueddicke" piano and guitar at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Lowtus" at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Peter van Huffel Quartet" at Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg
- 10 p.m. "Beat Virus: DJ Eltron [Berlin]" electronic dance music at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

## Trips and Travel Opportunities

### Take a trip with Bamberg Outdoor Recreation in January

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 469-9376/7955 or 0951-300-9376. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/sites/mwr/odr.asp>.



**Feb. 6 Learn to Snowboard \$80**  
Want to master a new skill? Get out of the house and learn to snowboard with ODR's very own instructor! The fee includes transportation, lift pass, rental and about 2 1/2 hours of lessons. Departs ODR at 8 a.m. and returns about 5 p.m.

**Feb. 12-15 Sölden Ski and Snowboard \$285**  
Sölden is a hot spot in the Alps! Providing immaculate powder slopes with start-of-the-art ski lifts, it has the perfect terrain for all levels and preferences. The fee includes transportation, and three nights lodging (double occupancy) with breakfast and dinner. It does not include lift pass. Get reduced rentals or board tuning at ODR before you go. Snowboard lessons are available for \$25 for 1 1/2 hours. Departs ODR Feb. 12 at 4 a.m. and returns Feb. 15 at about 11 p.m.

**Feb. 20 Baden Baden Thermal Spa \$45**  
Do something for yourself! De-stress with ODR at Baden Baden's thermal spa. Soak your sore muscles in the saunas, relax in the thermal spring baths, and get pampered with a well-deserved massage. Trip includes transportation and entrance. Be sure to bring your bathing suit, cover-up and sandals. Departs Chapel Parking Lot at 7 a.m. and returns about 9 p.m.

**Feb. 27-28 Ski and Snowboard in Garmisch \$175**  
Need a quick getaway? Hop on the ODR trip to Garmisch Valley. With near perfect weather and many slopes to choose from, Garmisch is a winter wonderland. Trip includes transportation and lodging (double occupancy) with dinner and breakfast. Does not include lift pass. Get reduced rentals or get your own gear tuned for half price at ODR before you go! Departs ODR Feb. 27 at 4 a.m. and returns Feb. 28 at about 11 p.m.

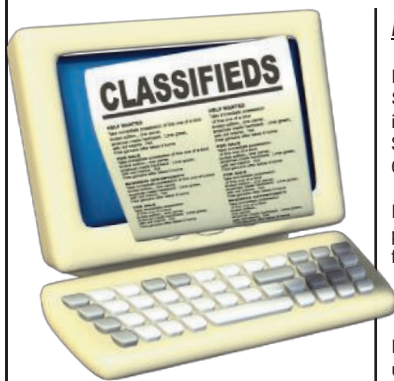
**March 4 Tour Under Bamberg \$20**  
This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. The trip departs ODR at 5 p.m. and returns at 7:30pm

**March 6 Learn to Snowboard \$80**  
Want to master the slopes and learn how to snowboard? If so, this trip is for you! Outdoor Recreation's skillful instructor, Josh, will show you the moves you need to descend the mountain. The price includes transportation, rental gear, lift pass and approximately 2.5 hours of instruction. The trip departs ODR at 8 a.m. and returns at 5 p.m.

**March 6-7 Ski & Snowboard \$175**  
The Zugspitze, Alpsee, Kreuzeck & Hausberg in Garmisch offer you the opportunity to partake in the classic skiing & snowboarding areas of Garmisch. This winter wonderland is noted for its almost perfect climate! Trip includes transportation and one night of lodging (double occupancy) with breakfast & dinner. DOES NOT INCLUDE LIFT PASS. Get reduced rentals & tuning at ODR before you go. The trip departs ODR on March 6 at 6 a.m. and returns March 7 at 6 p.m.

**March 13 Little Swiss Hike \$25**  
Delve into the beauty of Little Swiss on a 20 km hike through the breathtaking landscape. Please wear layered clothing, hiking shoes, & a comfortable backpack with drinks, lunch & snacks. The trip departs ODR at 9 a.m. and returns at 5 p.m.





Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

## EMPLOYMENT

Automotive Technology instructors needed. Central Texas College-Europe is accepting applications for Automotive instructors who have an Associate's degree or higher and a minimum of 5 years work experience in the maintenance field or a Bachelor's degree and a minimum of 3 years work experience in the maintenance field. For more information, call Brenda McNeil at 469-7467.

## AUTOMOBILES

Toyota Tacoma, 2003. Less than 10,000 miles a year (just under 65,000 total miles). Never missed an oil change. Should probably have new winter/all weather tires. There is a small crack in the windshield (doesn't obstruct view and will not spread). Runs great and is perfect for transporting bikes and groceries. No body damage (rust, dents, etc) and never been in an accident. Please contact 0151-557-24725 for more information and/or to see the truck. Asking \$6000. (02/04/10)

2009 Ford Edge SEL, Black Ext. / Tan Int., New All Weather Tires, 6 Disc CD/MP3 Changer, Microsoft Sync Package, Bluetooth, USB/AUX, Back Up Sensor, Child Seat Anchors, Power Seats, Push Button Folding Rear Seats, Power Doors/Windows, Cruise Control, Alarm System, Seats 5 with a Very Roomy Storage Area. Only 9,800 Miles Still Under Warranty, Great Family Car! Asking \$26k O.B.O. Please contact Justin at 09512094865 or 015125248700. (01/07/10)

2010 VOLVO XC60 T6 AWD, Ice White/Sandstone Beige & Espresso Leather, Climate Pkg, Tech Pkg, Dual Xenon Headlights w/ ABL, PCC w/ Keyless Drive & Heartbeat Sensor, Integrated Child Booster Seats, Panoramic Sunroof, Modern Wood Inlays, Exterior Styling Kit, 19" Achilles Wheels + 18" Factory Set, Rubber Floor/Cargo Mats, Power-Lift Tailgate, many more options. O/A 2,000 miles. Full VOLVO Warranty, 5yr./50,000 Complimentary Service, FREE Shipping to US for 5-years. MSRP over \$48,000, Paid Military Sales \$43,000, MAKE OFFER. 0151-111-85-888. (12/03/09)

2007.5 Dodge RAM 2500 6.7L Cummins Diesel 4x2 MEGA CAB, Grey/Grey Cloth, 6-speed Manual, Tow Package, AC, PWR Doors, Mirrors, o/a 6,000 miles (YES 6 not 60,000!!). Purchase price was over \$36,000, KBB's lowest is \$28,700, MAKE OFFER! 0151-111-85-888. (12/03/09)

## FOR SALE

For Sale: Bose Companion 3 Computer Speakers (110V). Only 6 months old, still in original box. Regular AAFES price \$229, asking \$150. Call Michael at 015224894326. (2/8/10)

For Sale: An HP all in one printer. This printer is two years old. It can be used as fax, scanner, copier and printer. The model number is L7580. Asking price \$100. Call 0151-241-70961.

For Sale: PT Cruiser car top carrier. It is used but still in good condition. Asking price is \$75. Call 0151-241-70961.

PCS Sale: AFN Satellite and decoder box PLUS European decoder box: \$175, OBO Electric drill and bits, 220 v: \$35. Call Diana @ 016009322456 or 469-1710. Leave message if no answer! (01/07/10)

PCS Sale: SKY SAT BOX and decoder \$200. Baby Stroller/car seat set like new only used once \$140 decide to buy German set. 220v Air conditioners only used one summer \$150 ea (like new) Pioneer receiver \$150 OBO German Style Bathroom Cabinets set \$175 OBO will also sell separately will email pictures upon request [tnmstewart99@msn.com](mailto:tnmstewart99@msn.com) tel. 0160-261-3756. (01/07/10)

PCS sale: Large couch (92" x 36" x 37") hunter green, burgandy, and tan for sale—\$75. Email for pictures: [alas-kanewmans@msn.com](mailto:alas-kanewmans@msn.com) or call Wendy at 0951-301-8671.

For Sale: Over sixteen travel, history, and phrase books for Germany, Andalusia and Italy. Dictionaries, Day Trips in Germany, Fromer's, and other great references. Includes a complete set of 15 bicycling/touring maps for southern Germany - only one map has been used. Wonderful gift for someone new to Germany! Asking \$45 for everything. Please call 209-5944 or email [angelbeck@hotmail.com](mailto:angelbeck@hotmail.com)

For Sale: MAXI COSI FORAY-STROLLER, asking price \$190.00 The Stroller is in excellent condition. We bought it in Feb. 2009 for \$349.99 at BabiesRus, basically new. Please call or send a text message to 0160-257-6362. (12/03/09)

For Sale: our Schwinn® Free Wheeler™ ST Jogging Stroller asking price \$110. Multi-Position Reclining Ages: child up to 50 lbs. Blue/Gray Stroller is in great condition. We bought it about one year ago for \$219.00 from Target. Please call or send a text message to 01602576362. (12/03/09)

For Sale: Fisher-Price Butterfly Garden Papasan Cradle Swing for sale. Daughter used and loved for approximately first 6 months. Includes floating butterflies that spin overhead, has a seat and head support that cradles your baby in cushy comfort as she swings in a side-to-side or front-to-back swinging motion. A sweet little canopy surrounds your baby and sways along with the swing motion while 8 delightful songs entertain. When it's nap time, you can choose from 8 additional lullabies and sounds to calm and soothe your baby. With the flick of a switch, a magical butterfly light show projects onto the canopy! Perfect for floating off to dreamland with six soothing swing speeds, the swing can be plugged into any standard wall outlet with the

included AC adaptor and requires 4 D and 1.5-volt batteries. Bought from Babies R US for \$159.99 and am asking \$80.00. Still in perfect condition and in original box. If interested please call Jennifer at 0951-209-1710 or email [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (1/21/10)

For Sale: Skip Hop Funky Farmyard Activity Play Mat is a graphic activity mat that has soft arches and a matching quilted Tummy Time pillow. 12 easy-to-hang loops and 5 hanging toys offer irresistible multi-sensory play for baby at every stage of development. Plush textures and squeaky sounds on the mat surface add to the fun! Bought from Babies R US for \$59.99 and am asking \$25. Still in perfect condition and in original package. Great for a baby girl or boy! If interested please call Jennifer at 0951-209-1710 or email [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (1/21/10)

For Sale: 220V Panasonic Phone w/ Digital Cordless Answering System (KX-TC545)-\$70, 220V Panasonic cordless phone (KX-TG7200)-\$25, Screen door-\$25, 220V Fans: Small-\$8, Medium-\$10, Large-\$12, Under the sink cabinets (2)-\$10 each, 220V Elta A.C. Unit w/stand-\$100, Transformers: 100W-\$15, 300W-\$24, BRAND NEW (still in box) 220V LG Microwave-\$75, 220V Ikea floor lamp combo-\$15, 220V Ikea desk lamp-\$10.00, 220V Ikea dresser lamp-\$10, 220V Ikea lamp timers-\$3 each, 220V Ikea multi-plug in power strip-\$3, Graco baby stroller/car seat & base combo (NOT Part of the recent recall)-\$100, Maclaren Quest umbrella stroller with rain guard-\$100, Fisher Price Potty Chair-\$10, Little Tikes Mailbox-\$10, Mambo Combo Tent and Tube Trio Set-\$25, Land's End Baby Backpack-\$5. Call 0951-209-4799. (1/24/10)

## MISCELLANEOUS

Need a caring babysitter? I (21-year-old, German) worked as a live-in nanny in Denver, CO for 13 months. I'm experienced with kids between the ages of 2 months - 12 years. If you wish I would be happy to teach your children some German words. My hours are flexible, as well as the wage. Please email or call Carina at 0160/1484028 or [carina.hofstaedter@yahoo.de](mailto:carina.hofstaedter@yahoo.de) (2/8/10)

Looking for friends who I went to school with in Bamberg, Germany from 1975-1977 and also lived at Fort Stewart, Georgia from 1977-1980. Would like to hear from them. They can e-mail me @ [Michael.potter1@us.army.mil](mailto:Michael.potter1@us.army.mil) or [mspotter4000@mchsi.com](mailto:mspotter4000@mchsi.com). Contact Michael Potter at 876-2943 or 876-6701.

Needed! Someone with cable and surround sound knowledge to hook up my cable, blue ray and surround sound setup. price negotiable. Email [erickapevsey@yahoo.com](mailto:erickapevsey@yahoo.com). (01/07/10)

Newly arrived GI, needs a dependable vehicle, 6 or four cylinders model 1998, and up 15 to 30 - 100's and up, soldier to soldier deal, PCS preferred. [okinawa.jimenez@gmail.com](mailto:okinawa.jimenez@gmail.com). (12/24/09)

Music teacher arrives in Bamberg and offers free music lessons, beginners only. To anyone over 13 years old. Classical guitar, mandolin, violin, harp, vihuela, piano, guitar, accordion, buttons or keyboard. Voice lessons available for adults only. By appointment only. [okinawa.jimenez@gmail.com](mailto:okinawa.jimenez@gmail.com). (12/24/09)



The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 pm dinner and Bible study at our home (Sonnenstrasse7; 96175 Pettstadt; ph 09502-8037, [www.cadence.org/huisen](http://www.cadence.org/huisen)). Join us on Sundays at the 11 a.m. Protestant Service (Post Chapel).

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. Our Bible Club (AWANA) for children ages 4 - 6th grade meets at the Bamberg High School gym Sunday evenings from 4 - 5:30pm. Join us as we worship, celebrate, and get to know our Lord. For more information call Chaplain Williamson at 469-1570 or 0951-300-1570.

Mariachi "Cuatro Caminos" has arrived in Bamberg and is currently looking for local talent. Violins, Trumpets, guitar-on-base players -vocalist, male and female are needed to play in the area. Please make an appointment to audition. Email [puromariachi@hotmail.com](mailto:puromariachi@hotmail.com). (12/17/09)

# BAMBERG TAX ASSISTANCE CENTER

**WHAT:** BAMBERG TAX ASSISTANCE CENTER

**WHERE:** Building 7000 (in the CAC), Warner Barracks, Bamberg

**ADDRESS:** Main Rd, 9 a.m. to 12:30 a.m. & 1 p.m. to 5 p.m.

**RENO:** AFD Card Holder

**PHONE:** DSN: 469-8262

**EXT:** 469-8262

**ADVIS:** 10-15 min. from Copy of Last Year's Return, (Married, US only, Blank Check/Blank Void Card

**LEAD FEES:** Tax Preparation with Electronic Filing: Tax Forms & Publications

**APPOINTMENTS AVAILABLE:** MAKE AN APPOINTMENT TODAY! COME FIRST! SERVICE GUARANTEED! NO WAITING! NO APPOINTMENT NEEDED!

**HOW TO FIND US:**

WE'RE LOCATED ON THE FOURTH FLOOR OF BLDG 7000

IMCOM Europe

# Combatives Tournament

**Feb. 25-28**

**10 a.m. - 5 p.m.**

USAG Bamberg Warner Barracks Freedom Fitness Facility, Bldg. 7680

Open to Active Duty Personnel only! Pre-register no later than Feb. 19 by contacting the Freedom Fitness Facility at DSN 469-9086/8890 or 0951-300-9086/8890 or email: [Ernest.Johnson@eur.army.mil](mailto:Ernest.Johnson@eur.army.mil)



# Military OneSource offers free tax filing

By Elaine Wilson, American Forces Press Service

WASHINGTON, Feb. 4, 2010 - Defense officials encourage military families to once again take advantage of the free electronic tax filing services offered through Military OneSource.

People can access the H&R Block at Home program by going to Military OneSource at [www.militaryonesource.com/](http://www.militaryonesource.com/) and clicking on "Tax Filing Services."

More than 200,000 service members filed their tax returns through this resource last year, officials said.

"We have such a mobile force, and you have folks dispersed all over the world," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy. "It's a quick link for the family to link up with the [service member]. It's a convenience for you to be able to go on that site and file that tax form."

The program is open to active duty, Guard and Reserve service members, regardless of activation status, as well as spouses, dependent children and family members standing in for a deployed service member.

Participants can e-file up to three state resident returns for each federal return, Thomas said. However, he added, they should ensure they're filing through Military OneSource. People who file through H&R Block directly may be charged for services.



The program is set up for basic returns. People who wish to upgrade to the premium program may incur charges.

For tax assistance, filers can call a Military OneSource tax consultant from 7 a.m. to 11 p.m. Eastern Standard Time, seven days a week, at 800-730-3802.

"That's a tremendous service," Thomas said. "We feel it's important to give our military families the absolute best."

Along with the consultants, people with complicated tax returns can visit a legal assistance office on a military installation for more in-depth advice, he said.

Whether online or on a military facility, people should file early, Thomas advised.

"Don't run up against the 15 April deadline," he said. "And when you get the return, look at it as the means to secure your family's finances," whether its paying off debts, adding to a savings account or contributing to a Thrift Savings Plan.

## USAG Bamberg

**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills



### Fine Arts Classes

Instructor Dayon Song



### New Schedule of Classes

Session 1	Jan 11- Feb 03	\$42 for 7 classes
Session 2	Feb 22 -Mar 24	\$60 for 10 classes

For more information or to sign up, please call  
Central Enrollment & Registration  
at 469 - 7716 or 0951 300 7716



## Ski & Snowboarding Trip to Garmisch!



Feb. 20-21  
\$119 per person



### Price Includes:

- > Roundtrip transportation with MWR Vans and one overnight in hotel (double occupancy), with dinner and breakfast.
- > Ski & Snowboard equipment and Lift passes are extra! CHECK WITH OUTDOOR REC FOR EQUIPMENT RENTAL PRIOR TO TRIP DATE!!
- > Bus departs early Saturday morning 4 a.m. and returns around 9 p.m. Sunday night.
- > Space is limited to 16 participants only so sign-up fast!



Sign-up at the Freedom Fitness Facility, bldg. 7680

Another great trip sponsored by your USAG BOSS Program!

## Black History Month

Feb. 27 FEB at 3 p.m.

## Warner Conference Center

Special Guest Speaker  
Music and Entertainment  
Fashion Show

Art and Cultural Displays  
Food Sampling

Prizes and Giveaways

Please join us in celebrating  
the rich history of Black  
America. See you there

For more information, call 469-8624.



(*MEDIA* continued from page 2)  
slick TV ads.”

O'Rourke mentioned the research of Jeremiah Owyang of Forrester and his breakdown of the future of the social web into five eras.

In the beginning of social media, social relationships gave people the opportunity to connect with others and share. Two years ago, the era of social functionality allowed people to work together.

Currently, Owyang said, we are just entering the era of social colonization where every experience can become social, such as what friends think about a movie or a restaurant.

In the future, we'll be able to choose to share personal information so we'll be instantly recognized by institutions, allowing personalized information, such as educational or social opportunities, or a new sushi restaurant opening nearby, to be sent.

Finally, we'll enter the era of social commerce. This will become a time when communities can define future products and services, such as working together to bring down prices, or allowing companies to bid on a new product, or even help design it, Owyang said.

“We are in a rapid technology change that isn't going to stop,” O'Rourke said. “Companies and institutions, such as the U.S. Army, must engage in social platforms. But there are challenges. Technology is not about building fences, it's about vision and leadership and understanding how social collaboration can benefit.”

One member of the audience spoke for many of the Family and MWR employees in the room.

“When the government took away our ability to use USB portal devices, we took a huge step backwards,” the guest said.

“Leadership is here at this symposium,” said John Keegan, marketing director at Fort Jackson. “Talk to them.”

Out of the 1,200 participants at the SFAP symposium, 248 teams, consisting of one to four people, competed in the “social media

**“We are in a rapid technology change that isn't going to stop. Companies and institutions, such as the U.S. Army, must engage in social platforms. But there are challenges. Technology is not about building fences, it's about vision and leadership and understanding how social collaboration can benefit.”**

*-Bryan O'Rourke, speaker, SFAP 2010 Symposium*

experiment” to win prizes for their installation.

“Texting, or instant communication, is getting a lot of traction, here,” said Jay Patel of Bluefire Digital of Santa Clara, Calif., the company running the program.

“Each day, a clue is sent to each phone,” Patel said. “When the team answers it, another is sent. About five or six clues are sent each day and they have to work together to find the answer and text it back to us.”

“The teams are really competitive,” said Doriann Fengler of Family and MWR Command. “And it has become a fun way to learn about programs, other than their own, as well as a fun way to introduce the power of social media to program managers and senior leaders.”

According to Fengler, a surprising number of people participating in the contest had never texted before, and they really enjoyed getting the chance to learn about technology.

“In fact, Gretchen Luongo, the coordinator for the Healthy Choice Room, was inundated with people trying to find the answer to one of the questions,” Fengler said. “And Maj. Gen. Reuben Jones enjoyed having the opportunity to tell hundreds of people they could follow him on Twitter, an answer to one of the questions.”

Over pizza, the 1,200 attendees gathered in the grand ballroom to explore the lighter side of social media with David Pogue, a New York Times' blogger, who helped make sense of the explosively expanding realm of Web 2.0 and the kinds of ‘casting, or texting, available.

“What do YouTube, MySpace, eBay and

Craigslist have in common?” Pogue asked.

“They're all part of Web 2.0, in which a Web site's material is supplied by its visitors. They are all new ways for individuals and corporations to express themselves online.”

Within Twitter, where only 140 characters can be displayed, a creative user can tap into the minds of those who follow him and get back loads of information.

“I was taking my kids to an amusement park, so I announced it to my thousands of followers,” Pogue said. “Almost immediately I got back, ‘dude, go to this place for the best lunch.’ Another one advised me to hire his hot air balloon to take everyone up in, which I did, although it was kind of expensive.”

This got Pogue's wife thinking he should write a book of all the creative posts he gets back from people.

“I started posing all kinds of crazy questions, like, ‘I need a cure for hiccups.’ I got back the most creative and hilarious comments that easily created my book. ‘Simple,’ said one. ‘Hold your breath until Windows 7 is released.’ Another advised me that ‘I take sips of bourbon. It doesn't cure the hiccups but I'd stop caring.’

“I asked my followers to make up Chinese proverbs that would actually make sense,” Pogue said. “‘The pit is always smaller than the plum,’ and ‘the pig with a cold still makes good bacon’ were a couple of the responses.

I also asked people to make up a prequel for a famous movie. The most hilarious one was, ‘We're running low on Mohicans.’ These people are geniuses, so I wrote the book.”

Pogue encouraged everyone to consider ways the U.S. Army could harness the power of social media.

“I've heard lots of reasons, such as ‘don't know how’, ‘fear of the rabble’, ‘too expensive’, ‘don't have the manpower’, and ‘security issues’,” he said. “These are all legitimate concerns, but Web 2.0 tools will open up amazing opportunities for institutions.”

**Don't wait until April to file your taxes. Visit the Bamberg Tax Assistance Center today**





File Photo

The APO and CMR will share a roof as of March 1. The APO's move is meant to further consolidate and increase efficiency of postal services on Warner Barracks.

(POSTAL continued from page 1)

"The new space is more operational, more functional," Stewart said. "It's going to be better."

Postal Operations Supervisor Kenneth Else agreed.

"It gives us more operational space to process a large volume of mail like after a holiday," Else said.

In previous years, some postal services were run by Soldiers, Stewart said, but that all changed a few years ago.

"The whole postal arena was civilianized," he said. "It was a rough and rocky start, but with the staff we have, the support of the community and DPW (Directorate of Public

Works), we did fine."

The transformation should improve the accessibility and quality of services for customers on a daily basis.

"A lot of it is going to be wrapped up with convenience," he said. "They will be able to get every service available at one spot."

Stewart said the move will allow employees to be further utilized and customers will have access to the entire staff, including the financial department, for questions or assistance.

It's a better business model; it streamlines operations and better utilizes the staff, he said.

"More people will be available at the windows," Stewart said. "The management will be in the facility as well."

Stewart plans to further increase the knowledge-base of the 22 staff members relocating with the facility.

"Everyone is or will be cross-trained for every part of the facility," he said.

While the PSC completes its transformation and re-opens March 1, many of the changes to the CMR occurred last summer when Else initiated the installation of a new computer program, Package Management, to improve CMR services.

Else learned of the program from the Ansbach employee who created it. Once he had viewed it himself, he proposed its usage in Bamberg.

"I got really excited and said this is something we need to have here," Else said. "It really hit the nail on the head."

The program has effectively corrected many issues to the previous tracking method used.

"In the past, we've had a problem with keeping track of packages that may have gone to the wrong customer, and there was no way to account for that and retrieve the package," Else said. "We did this program to eliminate some of those things and to make sure every customer gets the package they are waiting to receive."

With this new software, Else the CMR can now account for all packages moving through the facility. The program's additional services have also increased efficiency.

"I can do inventory, do reports and see how long a piece of mail has been on the shelf," he said. "I can see when a slip didn't go in the box or it went in the wrong box and I can notify the customer a second time for a package."

Another aspect of the program is the email notification system. Customers can sign up for an email informing them when they have a package processed and ready for pick-up.

Though under the same roof, the CMR and APO will maintain individual hours of operation. The CMR service window will be open Monday-Friday from 9:30 a.m. to 6 p.m., and the APO Finance Services will be open weekdays 9:30 a.m. to 4:30 p.m.

Full services will continue on a temporary basis between Feb. 15-25, when the four service windows in the current APO building will drop to two.

"All postal services will be continued to be provided, just with limited window service," Stewart said. "The same hours and services will be available with as little disruption as possible."

The current facility will officially close Feb. 26 and will open at the new location March 1 at 10 a.m. Snacks and free items will be available at the facility for the grand opening and regular hours will resume the following day.

## Bamberg School Age Services Spring Fling Adventures Spring Break April 12-16

### Hours of Operation

- Monday - Friday 5:45 a.m. to 5:45 p.m.
- Weekly Rate based on DOD Fee Category for children not currently enrolled in Before / After School Care.
- Hourly Care offered on a limited basis.
- 20 percent AFC Deployment Discount for eligible children
- Activities includes Sports and Fitness Activities, Nature Activities, Biking, Skating, Crafts, Science Projects, Spring Activities, technology projects and Field Trip and Month of Military Child and Youth Activities.

For more information or to reserve a space, please call 469-8698.



## CIRCUIT PT

**TUESDAYS & THURSDAYS**  
12 - 12:45 P.M.  
FREEDOM FITNESS FACILITY  
**THIS IS A FREE CLASS!**  
**OPEN TO ALL US ID CARD HOLDERS**

**LOOKING FOR AN ALTERNATIVE TO THE OLD SCHOOL PUSHUPS, SIT-UPS & RUN?** Revamp your fitness routine with this lunchtime workout geared toward getting your heart pumping as well as target major muscle groups.

Get a more time efficient workout and burn 1/3 more calories by doing strength and cardio in one shot. Cardio blasts calories immediately, while strength-training increases metabolism over time, so combining the two gives you the ultimate bang for your buck! OH! Did we mention the class was free?!





# Variety of VHS class available this spring

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes this spring and fall. Classes range from languages to cooking, from yoga to horseback riding. Some classes are very popular and filled up on sign-up day. We have deleted the classes that are no longer available. You can sign up via the German Web site [www.vhs-bamberg.de](http://www.vhs-bamberg.de), or at the VHS office at Traenkigasse 4, 96052 Bamberg. Opening hours are Mon. 9:30 a.m. to 12:30 p.m. and 2 to 6 p.m., Tue., Wed., Thur. 9:30 a.m. to 12:30 p.m. and 2 to 4 p.m., Fri. 9:30 a.m. to 12:30 p.m. Payment is either in cash or via German bank withdrawal so have your bank information ready if you choose this method of payment. The following is only a selection of classes. The number in parenthesis is the course number.

## LANGUAGE:

(3012) German 101 for foreigners; 9 sessions on Thursdays, 6 – 8 p.m.: March 4-25, April 15-29, May 6, 20; cost: €53.58, plus €21 for books

(3013) Intensive learning German 101 for foreigners on Tuesdays and Thursdays, 6:30 – 8 p.m.; 20 sessions: March 2-25, April 13-29, May 4, 6, 11, 18, 20, June 8; cost: €74.40, plus €21 for books

(3014) Advanced German for foreigners on Wednesdays 6:30 – 8:30 p.m.; 15 sessions: March 3-24, April 14-28, May 5-19, June 9-30, July 7; cost: €74.40, plus €19.95 for books

(3015) Advanced German for foreigners on Thursdays 7 – 8:30 p.m.; 15 sessions: March 4-25, April 15-29, May 6, 20, June 10-24, July 1-15; cost: €55.80, plus €18.50 for books

## YOGA:

(4251) A day with yoga on April 24, 9:30 – 4 p.m.; cost: €16.23

(4260) Yoga, 12 sessions on Mondays 4:35 to 6:05 p.m., March 1-22, April 12, 19, 29, May 3-17, June 7, 14; cost: €44.64

(4264) Yoga, 12 sessions on Wednesdays 7:20 to 8:50 p.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €44.64

(4276) Yoga, 15 sessions on Thursdays 8:30 to 10 a.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €38.20

## DANCE:

(wear comfortable clothes and sneakers, no dancing partners needed)

(4821) Greek Dance, 10 sessions on Mondays 7 – 8:30 p.m., March 15, 22, April 12-26, May 3-17, June 7, 14; cost: €58.92

(4823) Scottish Dance on April 17, 1:30 – 5 p.m., cost: €12.04

(4824) Mediterranean Dance on June 12, 1:30 – 5 p.m., cost: €12.04

(4830) Irish Set Dance, 7 sessions on Wednesdays 7 – 9 p.m., March 3-24, April 14-28; cost: €48.72

(4835) American Line Dancing, 3 sessions on Saturdays 3:30 – 5:30 p.m., April 17, 24, May 8; cost: €25.80

(4840) Oriental Dance, 10 sessions on Wednesdays 6:30 to 7:30 p.m., March 3-24, April 14-28, May 5-19; cost: €36.80

(4860) Samba Brazil on Fri. April 16, 6:30 – 9:30 p.m. and Sat. April 17, 2:30 – 7:30 p.m.; cost: €25

(4861) African Dance Fri. May 7, 6:30 – 9:30 p.m. and Sat. May 8, 2:30 – 7:30 p.m.; cost: €42

(4887) Latin Jazz Dance on June 12, 2:30 – 5:30 p.m.; cost: €14.75

## COOKING:

(5400) Frankonian dishes, Sat. March 13, 10 a.m. – 2 p.m.; cost: €12.80 plus €10 for ingredients. Bring a sharp knife, dish towels and containers to take home samples.

(5403) Easter lamb, Mon. March 3, 5:30 – 9 p.m.; cost: €34.36. Bring containers to take home samples.

(5410) Spanish Tapas, Mon. March 1, 5:30 – 9 p.m.; cost: €21.02. Bring containers to take home samples.

(5420) Mediterranean cooking, 6 sessions on Wednesdays 5:30 – 8:30 p.m., March 10-24, April 14-28; Cost: €50.64 plus €30 for drinks and ingredients during class.

(5425) Moroccan cooking on Fri. March 5, 5 – 9 p.m.; cost: €19.80. Bring containers to take home samples.

(5428) Chinese cooking, two sessions on Wed. April 21 and 28, 6:30 – 9:30 p.m.; cost: €26.88

(5430) Indian cooking, four sessions on Thursdays 6:30 – 9:30 p.m., April 15-29, May 6; cost: €53.76

## OTHER:

(4940) Horseback riding - basics, 10 sessions on Fridays 8 – 9 p.m., March 12-26, April 16-30, May 7-21, June 11; cost: €110

(4941) Horseback riding - basics, 10 sessions on Saturdays 10 – 11 a.m., March 13-27, April 3-24, May 7-22; cost: €110

(4945) Kayak basics, 5 sessions on Mondays 6 – 7:30 p.m., May 3-17, June 7, 14; cost: €75

(5000) Beer brewing – Kellerbier – Tue. March 3, 6 p.m. – 7:30 p.m., Fri. 5 March 2:15 – 9:15 p.m., Tue. 14 April 6 – 7:30 p.m.; cost: €33.05 plus €15 for beer, bread and lunchmeat at the class.

For more information on locations of classes as well as information on refunds, please contact the VHS directly at 0951-871108. Also, please double check dates and times when you sign up.

